



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 9:00 am - 4:00 pm

# THE WENHAMITE

## JULY 2014

WENHAM COA  
10 SCHOOL STREET  
978-468-5534  
COA@WENHAMMA.GOV

Volume 1, Issue 10

| EAT WELL, BE HEALTHY  | DAY (S) OPEN         | TIME(S)           | START DATE       |
|---|----------------------|-------------------|------------------|
| <b>FARMERS MARKETS **</b>   |                      |                   |                  |
| <b>EBSCO PARKING LOT**</b><br>10 ESTES STREET<br>IPSWICH, MA                              | <b>SATURDAY</b>      | <b>9AM - 1PM</b>  | <b>JULY 6TH</b>  |
| <b>BEVERLY'S FARMERS MARKET**</b><br>VETERAN'S MEMORIAL PARK<br>(PARK NEAR) BEVERLY DEPOT | <b>MONDAY</b>        | <b>3PM - 7PM</b>  | <b>JULY 7TH</b>  |
| <b>TOPSFIELD FARMER MARKET**</b><br>TOPSFIELD FAIRGROUNDS                                 | <b>SATURDAY</b>      | <b>8AM - NOON</b> | <b>JULY 13TH</b> |
| <b>GREEN MEADOW'S FARM</b><br>656 ASBURY STREET<br>S. HAMILTON, PH. 468-2277              | <b>TUES - SUNDAY</b> | <b>8AM - 6PM</b>  | <b>NOW</b>       |
| <b>CANAAN FARM</b><br>93 MAIN STREET<br>WENHAM, PH. 468-FARM                              | <b>TUES - SUNDAY</b> | <b>8AM - 6PM</b>  | <b>NOW</b>       |
| <b>TENDER CROP FARM</b><br>NEWBURY, PH. 462-6972  | <b>DAILY</b>         | <b>9AM - 7PM</b>  | <b>NOW</b>       |

*"Those who bring sunshine into the  
live of others cannot keep it from  
themselves"*

~ J.M. Barrie  
(1860-1937) Scottish

Summer has come and time is flying. Our COA had a great June led off by an amazing "live" Owl Presentation by Marcia Wilson we helped sponsor at the library. Rebecca Shea found another gem of a program! Then we literally stole the show with our *own* Antique Roadshow with Bob C. from Salt Marsh Gallery who was both entertaining and a wealth of information about the antique market today, and people brought many interesting artifacts.

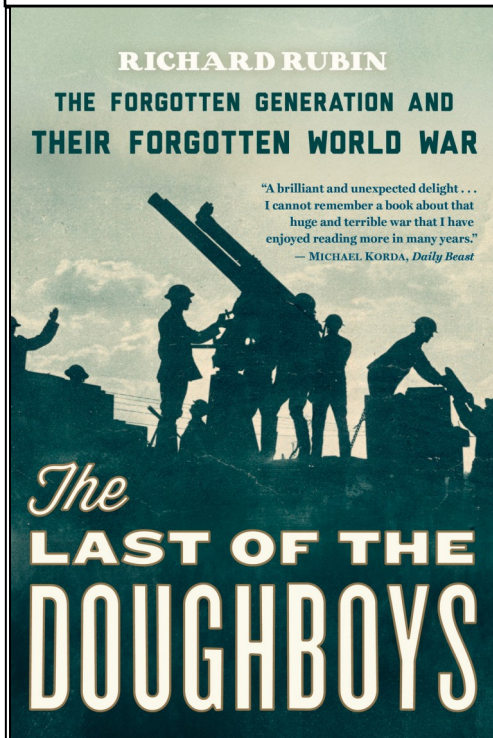
In addition, we did our first of what I suspect will be many collaborative documentary film screenings of a film called "I Remember Better When I Paint" about the value of the creative arts for those suffering from early to mid stage Alzheimer's and memory loss. Peggy Cahill and Carolyn Nenart helped to facilitate a great discussion after the film, and there is hope! Money is needed, but the urgent need of this growing problem will no doubt help bring about the change. More to come and thanks for your support! JR



The Wenham COA has planned an Essex River Cruise. We have made a reservation for 20 on July 25th. The marsh itself is part of the Essex River, an intriguing natural work in progress. Formed 15,000 years ago by melting glaciers of the last Ice Age, the marsh serves as a feeding ground for many species of beautiful birds and abundant wildlife. For generations it has sustained boat builders, fishermen, clammers, entrepreneurs and characters of all sorts from the Agawam natives to the present residents. We'll hear some of their stories during our hour and one half cruise. \$12.50/PP (call - 468-5534)



# The Wenham Museum



## Wenham Museum's Military History Day

Saturday, July 19 from 10 am – 4 pm

Salute the United States Armed Forces at the Wenham Museum's Military History Day. Uniformed members of the Living History Association will be on the museum's lawn available to answer questions, show memorabilia from the Civil War through WWII, commemorating the 100th anniversary of the beginning of WWI and help you explore inside antique military vehicles. Meet award-winning author Richard Rubin as he presents ***The Last of the Doughboys*** a conversational history of America's experience in World War I as recalled by its last surviving veterans.

**Reception - Fri., July 18; 4:30 - 9 p**

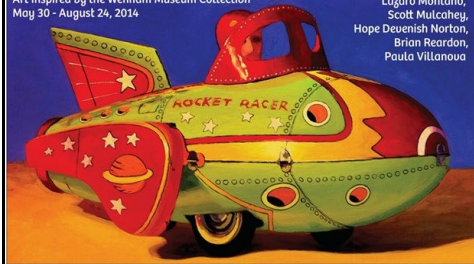
4:30 – 6:00 pm: family friendly

6:00 – 9:00 pm: cocktail party

Meet more than 30 local artists enjoy art-making and demonstrations at the reception for our summer exhibit ***Art of the Artifact*** and the opening day for and 5th anniversary of *Art Grows*

## The Art of the Artifact:

Art Inspired by the Wenham Museum Collection  
May 30 - August 24, 2014



## Programs and Events

**Saturday Coffee** - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gathering is on **July 26th** starting at **10 am**. We are excited about some fun and interesting topics and will keep you posted. Join us for this monthly event.

**Internet Café** - The Wenham COA will host Internet Cafe on the 2nd Wednesday of each month. Our next meeting is Wednesday **July 9th**, from 2 pm - 4 pm. We will have one computer hooked up to our projector, and our volunteers will bring different computers for hands on instruction. Our goal for this class will focus on any problems people are having with their iPads or any computer. We will help you with any questions you have regarding finding, storing, organizing and files and images on your computer. Call us if you have any questions. It will be fun! 468-5534.

**Knitting Group** - 4<sup>th</sup> Thursday, **July 24**, from 3-4:30 pm Penny Wingate and Buffy Colt are starting a “knitting group” that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crotchets, sewing and quilting, are all welcome, at any level, they guarantee fun! We are hoping people with a specific skill will come and share their expertise or talk to the group and perhaps take on a project. If the group gets going, the leaders may meet more frequently.

**Newly Bereaved** - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (formerly Kaplan House). A free one-time workshop for loss of 1 - 3 months. **Young Widowed**, Thursdays, 6:30pm - 8pm, March 6 - April 24. **Loss of Spouse/ Partner**, Tuesdays, 6:30pm - 8pm, March 18 - May 6. **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100. Email: [grief@CareDimensions.org](mailto:grief@CareDimensions.org).

**Enon Village Gardening** - You will see some regularly scheduled calendar times for maintaining a relatively small garden at Enon Village thanks to a friend of the Wenham Council on Aging, Kim Smith. We plan to plant for a harvest barbecue in late September. If you would like to be part of our plant care team call me at (978) 468-5529.

### Wenham COA Movies

On Tuesday, July 15 at 2pm - **Railroad Man**. A former British Army officer, who was tormented as a prisoner of war at a Japanese labor camp during World War II, discovers that the man responsible for much of his treatment is still alive and sets out to confront him. *PG/116 mins.*

On Tuesday, July 29 at 2 pm - **The Monuments Men**. In the midst of WWII a small group of art experts are commissioned by Roosevelt as soldiers and sent to the European theater to protect historically important buildings and monuments, and to locate vast troves of priceless art looted by the Nazis. Discovering art in castles and mines, they race against time as the Nazis scramble to destroy everything they can. *PG-13/141 mins.*

# THE WENHAMITE

## JULY 2014 CALENDAR

**H:** Hamilton Council on Aging  
**W:** Wenham Council on Aging  
**LH:** Lamson Hall

**HWL:** Hamilton Wenham Library  
**HWCH:** Hamilton Wenham Community House  
**ENON:** Enon Village

**HWR:** Hamilton Wenham Recreation Dept.  
**HWM:** Hamilton Wenham Museum  
**LEG:** Hamilton Legion Hall

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p><b>* means</b><br/> <b><u>RSVP 468-5534</u></b></p>   | <p><b>1</b><br/> <b>*Chair Yoga -W- Lisa</b><br/> 1pm - 2pm</p>   | <p><b>2</b><br/> <b>Bridge - HWL - 10am</b><br/> <b>TaiChi - HWCH - 10am</b><br/> <br/> <b>*Enon Gardening</b><br/> <b>12:30 - 1:30pm</b></p>  | <p><b>3 *Market Basket</b><br/> <br/> <b>“Outdoor Walking”- H</b><br/> 9:00am<br/> <b>*Balance+-W- Regina</b><br/> 10:30pm - 11:30pm<br/> <br/> <b>Cribbage - HWL - 10am</b></p>   | <p><b>4</b><br/> <br/> <b>Zumba G HWR 9am</b><br/> <b>Gentle Joints H 10-11am</b><br/> <b>*DRIVING RANGE - 8AM</b><br/> <b>Cherry Hill</b><br/> <b>*Enon Gardening</b><br/> <b>12:30 - 1:30pm</b></p>  |
| <p><b>7</b><br/> <b>*SHINE W 10am - 12p</b><br/> <br/> <b>Knitting - HWL</b><br/> 12 pm - 2 pm<br/> <br/> <b>Bridge - W</b><br/> 6:30 - 8:30 pm</p>  | <p><b>8</b><br/> <b><u>Sen. Tarr Rep. Dick</u></b><br/> <b>Curran *W 12-2pm</b><br/> <br/> <b>*Chair Yoga-W- Lisa</b><br/> 1pm - 2pm<br/> <b>COA BOARD MTG</b><br/> <b>W - 2 - 3 PM</b><br/> <b>*Low Vision Grp - H</b><br/> 10:30 AM (w/Lunch)</p> | <p><b>9</b><br/> <b>Bridge - HWL - 10am</b><br/> <b>TaiChi - HWCH - 10am</b><br/> <br/> <b>Blood Pressure Clinic</b><br/> <b>H - Drop in. 9am-12pm</b><br/> <b>*Enon Gardening</b><br/> <b>12:30 - 1:30pm</b><br/> <b>*Internet Café - W 2p.</b></p>   | <p><b>10 *Market Basket</b><br/> <br/> <b>“Outdoor Walking”- H</b><br/> 9:00am<br/> <b>Cribbage - HWL - 10am</b><br/> <b>*Balance+-W- Regina</b><br/> 10:30pm - 11:30pm<br/> <b>Memory Café HWM</b><br/> <b>“Ship Model Presentation</b><br/> <b>w/ Ed Parent” 2pm - 4pm</b><br/> <b>*Book Club - W - 3 PM</b></p> | <p><b>11</b><br/> <br/> <b>Zumba G HWR 9am</b><br/> <b>Gentle Joints H 10-11am</b><br/> <b>*DRIVING RANGE - 8AM</b><br/> <b>Cherry Hill</b><br/> <b>*Computer problems</b><br/> <b>W 10am - 12pm</b><br/> <b><u>Call 468-5529</u></b></p>  |
| <p><b>14</b><br/> <b>Knitting - HWL</b><br/> 12 pm - 2 pm<br/> <b>Bridge - W</b><br/> 6:30 - 8:30 pm<br/> <b>Audiology - H - 12pm-2</b><br/> <b>*Computer Tudor -</b><br/> <b>W 10am - 12pm</b></p>                  | <p><b>15</b><br/> <b>*Chair Yoga -W- Lisa</b><br/> 1pm - 2pm<br/> <b>TRIAD Meeting - W</b><br/> 10 am - 11 am<br/> <b>*MOVIE - 2pm</b><br/> <b><i>Railroad Man (see</i></b><br/> <b><i>inside)</i></b></p>  | <p><b>16</b><br/> <b>TaiChi - HWCH - 10am</b><br/> <br/> <b>*Enon Gardening</b><br/> <b>12:30 - 1:30pm</b><br/> <br/> <b><u>* ICE CREAM SOCIAL</u></b><br/> <b>W 2 - 3:30pm</b></p>  | <p><b>17 <u>Fox Tours - ME</u></b><br/> <b>“Majestic Maine</b><br/> <b>Cruise” - H - 8 am</b><br/> <b>*Market Basket</b><br/> <b>Cribbage - HWL-10am</b><br/> <b>“Outdoor Walking”- H</b><br/> 9:00am<br/> <b>*Balance+-W- Regina</b><br/> 10:30pm - 11:30pm</p>   | <p><b>18</b><br/> <b>Zumba G HWR 9am</b><br/> <b>Gentle Joints H 10-11am</b><br/> <b>*DRIVING RANGE - 8AM</b><br/> <br/> <b>“Art of the Artifact”</b><br/> <b><u>FRI. 18TH</u></b><br/> <b>SAT. 19TH - Doughboys</b><br/> <b><u>SEE MUSEUM PAGE</u></b></p>                              |
| <p><b>21</b><br/> <b>*SHINE W 10am - 12p</b><br/> <b>Knitting - HWL</b><br/> 12 pm - 2 pm<br/> <b>Bridge - W</b><br/> 6:30 - 8:30 pm<br/> <b>“Art Grows Here”</b><br/> <b>*Guided Tour</b><br/> <b>W 2- 4 pm</b></p> | <p><b>22</b><br/> <b>*Chair Yoga-W - Lisa</b><br/> 1pm - 2pm<br/> <br/> <b>*Documentary film:</b><br/> <b>“I Remember Better</b><br/> <b>When I Paint”</b><br/> <b>W 2- 3:30PM</b></p>  | <p><b>23 Podiatrist W- 9 am</b><br/> <b>Bridge - HWL - 10am</b><br/> <b>Traveling Chef Barbeque</b><br/> <b>at ENON* 12 - 2pm</b><br/> <b>Low Vision Group - H</b><br/> *2pm - Gail Yarnell<br/> <b>Blood Pressure Clinic</b><br/> <b>H - 9am-12pm</b><br/> <b>*ART CLASS WITH</b><br/> <b>ALEAH. W - 2 PM</b></p> | <p><b>24 *Market Basket</b><br/> <br/> <b>“Outdoor Walking”- H</b><br/> 9:00am<br/> <b>Cribbage - HWL - 10am</b><br/> <b>*Balance+-W- Regina</b><br/> 10:30pm - 11:30pm<br/> <b>*Knitting Group</b><br/> 3pm - 4:30pm<br/> <b>*Book Club - W - 3 PM</b></p>  | <p><b>25</b><br/> <b>Zumba G HWR 9am</b><br/> <b>Gentle Joints H 10-11am</b><br/> <b>*DRIVING RANGE - 8AM</b><br/> <b>*Essex River Cruise</b><br/> <b><u>1pm - 2:30 PM</u></b><br/> <br/> <b>*JACK HAUCK&gt;&gt;&gt;&gt;</b><br/> <b><u>SAT., 26th</u></b><br/> <b>COFFEE - 10AM</b></p> |
| <p><b>28</b><br/> <b>Knitting - HWL</b><br/> 12 pm - 2 pm<br/> <b>Bridge - W</b><br/> 6:30 - 8:30 pm<br/> <br/> <b>*Computer problems</b><br/> <b>W 10am - 12pm</b><br/> <b><u>Call 468-5529</u></b></p>             | <p><b>29</b><br/> <b>*Chair Yoga-W - Lisa</b><br/> 1pm - 2pm<br/> <br/> <b>*MOVIE - 2 pm</b><br/> <b><i>The Monuments Men</i></b><br/> <b><i>(see inside)</i></b></p>   | <p><b>30</b><br/> <br/> <b>Blood Pressure Clinic</b><br/> <b>H - Drop in. 9am-12pm</b><br/> <br/> <b>*Enon Gardening</b><br/> <b>12:30 - 1:30pm</b></p>  | <p><b>31 *Market Basket</b><br/> <br/> <b>“Outdoor Walking”- H</b><br/> 9:00am<br/> <br/> <b>Cribbage - HWL - 10am</b><br/> <br/> <b>*Balance+-W- Regina</b><br/> 10:30pm - 11:30pm</p>  | <p><b>* means</b><br/> <b><u>RSVP 468-5534</u></b></p>   |



## Day Trips with Ipswich and Hamilton

Call 978-468-5534 to sign up and full pay is required

**July 17th - Majestic Maine Cruise** - Thursday, July 17th, \$79/pp. Board a ferry in Portland for a two-hour narrated tour of Casco Bay, its many beautiful islands and the beautiful Maine coast. At Bailey Island, you will have a delicious luncheon at Cook's Lobster House, which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later, you will visit the outlets in Freeport. **SOLD OUT**

**August 14th - Cape Cod Canal Tour** - Thursday, August 14, \$74/pp. Brimming with history, age-old charm and scenic sights, Sandwich will delight you with its many attractions. You will visit the Sandwich Glass Museum and then enjoy the Grand Buffet at the Daniel Webster Inn. The special highlight of the day is a narrated two hour cruise of the Cape Cod Canal. You will learn the history of this important maritime resource and how it boosted New England commerce since its inception.

**October 9th - NH Turkey Train** - Thursday, October 9, \$72/pp. Board the scenic railroad dining car to enjoy the changing colors of sugar maples. You will be served a delicious full course luncheon featuring Hart's Turkey Farms roast turkey dinner. You will also enjoy a visit to the magnificent Clydesdales at the Anheuser Busch brewery in Merrimack, NH.

**November 13th - Foxwoods Casino** - Thursday, November 13, \$27/pp. Trip on the Luxury Silver Fox Motor Coach. Trip includes a delicious festival Buffet or \$10 food voucher plus \$10 casino slot play.

**December 11th - Indian Head Resort Christmas Tour** - Thursday, December 11, \$69/pp. This trip includes a welcome cocktail reception, a spectacular holiday revue show, sing-a-long and a delicious buffet luncheon on 180 acres of scenic splendor in New Hampshire's spectacular White Mountains.

## Wenham Van Transportation Services

***\*\*Park at the Wenham COA, be green and enjoy the company of your friends\*\****

***GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS***



**Call Dispatch: 978-468-5534**

**Service hours: Mon - Fri: 8 am - 3:30 pm**

**24 Hr. Advance Notice Preferred**

***COA SEEKING ONE GREAT DRIVER FOR 4 HOURS ON MONDAYS!***



**Albert W. Dodge** had a big birthday May 31st and all of us in the towns of Hamilton and Wenham owe a debt of gratitude to him for his dedication to improving the beauty of our surroundings and for unselfishly giving so much of his time over the years.

**THANK YOU ALBIE!**

“A man doesn't plant a tree for himself.  
He plants it for posterity.  
Let us continue to plant, and our children  
Shall reap the harvest.”

*Robert F. Kennedy (1925-1968)*



## Highlights Around Town



<<< **EAT, DRINK AND PAINT PARTY - Wednesday, July 23rd at 2 pm** in our COA Building on 10 School Street we will be **EXPLORING OUR ARTISTIC SIDE...**again. The initial phase involves laying a base coat which takes about 15 minutes to dry. During that time we'll feast. The idea has been stolen from our inspired city kids, a new form of entertainment. They call them "PAINT NIGHTS" and they happen in bars. Artists feature their work and they help you with duplicating it ! If you are interested please call so we know our headcount **(978) 468-5534**. We'll be painting the work pictured to your left by artist Aleah Gates. Check it out!  
<http://paintnite.com/pages/home/index>

### Low Vision Group



On Wed. July 23 at 2 pm, Gayle Yarnall will be making a presentation on the Perkins School and Library of Congress program, Talking Books. This program is for people with low vision or any other physical handicap that makes holding or reading a book difficult or impossible. The Talking Book is one of the simplest and best solutions for book lovers who find it difficult to read.

Gayle, who is completely blind herself, has been in the adaptive technology field since the late 1970s. Most recently, she worked at Perkins Products, part of The Perkins School for the Blind. For many years before that, she was the president and "chief bottle washer" at Adaptive Technology Consulting. Prior to that, she worked with TeleSensory Systems and Kurzweil Computer Products. Now she is an independent consultant for the Library of Congress program, Talking Book, and its ancillary program, audio-described DVDs. She has a monthly blog at <http://gayleconnected.com>, where she reviews products, and another blog at the Perkins School web site, where she reviews product and talks about personal experiences, <http://www.perkins.org/vision-loss/gayleunplugged>.

### ERBA Kayaking

A few years ago we had an enthusiastic group of kayakers who eagerly got together every week with ERBA *Essex River Basin Association*. We have a few who would like to resurrect those adventures. The Friends of the Wenham COA will support this effort and help me with funding. Consider a sunset tour or maybe a weekend private tour to get us warmed up.

Please call or email me if you are interested in getting this started with me. *Jim R.*

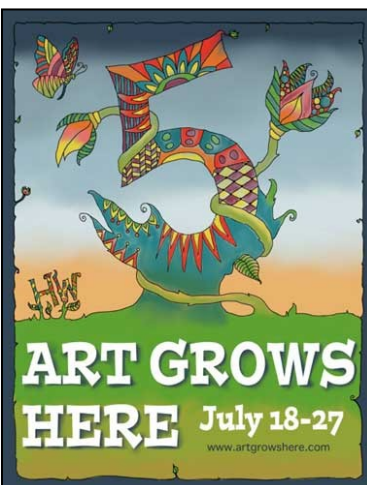
[jimreyn@gmail.com](mailto:jimreyn@gmail.com) (978) 468-5529

### About Art Grows Here

Art Grows Here is an annual ten day, map-guided tour of art and performances throughout the towns of Hamilton & Wenham, Mass. "We are a group of artists who began meeting at each other's homes in 2009 with a desire to talk about art, share our experiences with the creative process and find support from each other. We found we had a common dream to see and show art - in all its forms - in a way that did not exist in Hamilton and Wenham. We decided to do something about that. Art Grows Here is the result of our collaboration."

**July 18-27th**

Our mission is to: "Engage and inspire the community."





Wenham COA  
10 School Street  
Wenham, MA 01984

NON-PROFIT  
ORGANIZATION  
U.S. Postage Paid Bulk  
Permit No. 111  
WENHAM, MA 01984

Wenham COA van will transport anyone so inclined to a guided tour of ART GROWS HERE with one of the original artists inspired with the idea 5 years ago on Monday, July, 21st at 2 PM. Come meet us at the COA!

Wenham Council on Aging is looking for volunteer help with hospitality on the 3rd Weds of every month at 12pm and one Saturday at 10a

Wenham Issues of Social Service Help - WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

Memory Café will be held at the Wenham Museum on Thursday, July 10th for both caregivers and those for whom they care.

**Senator Tarr's District Office Hrs**  
Wenham Senior Center  
Tuesday, July 1st from 11am to 12:30pm

Deliver to addressee or current resident

*Let nothing dim the light that shines from within.* ~ Maya Angelou (1928-2014)

### Wenham Board Members

Chairman - Lucy Sprague Frederiksen  
Roseann Brozenske - Vice Chair  
Penelope Wingate - Secretary  
Peggy Gauthier  
Diana Lang  
Elizabeth Colt  
Juliana Dodge

### Friends of Wenham COA

Sue Bannon - President  
Tom Tanous - Vice President  
Bob Wilkes - Treasurer  
Jim Howard - Secretary

### Adult Swim Programs

Lap Swimming and Water Exercise  
Cost: 20 Visits for \$65 (\$3.25 per visit)  
Register through the HW RECREATION

(978) 468-2178  
Location: Gordon College  
Bennett Center

### Fitness Works!

Mon., Weds., & Fri - 1st time free.  
3 sessions at the H-W Legion Hall  
from 9:00 - 10:45 am.

Aerobic endurance, muscular strength, flexibility,  
balance, coordination, dexterity and relaxation.

Call Barbara Thompson (978) 887-9192

### HEALTH AND WELLNESS

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~  
~ CALL US TO SIGN UP ~

**CHAIR POSE YOGA**  
TUES. CLASS WITH LISA B.  
1 - 2 PM

**STRENGTH ~ BALANCE  
ENDURANCE ~STRETCHING**  
THURS. CLASS W/ REGINA B.  
10:30 - 11:30 AM



Gloucester Stage  
(978) 281-4433

First  
Saturday  
Matinee  
July 12  
Pay  
What  
You can!

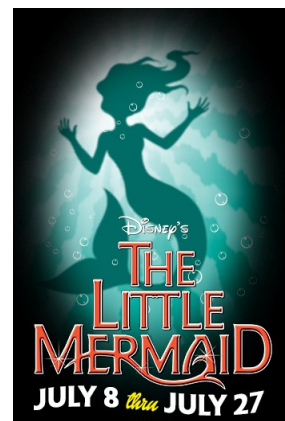


Ticket Costs - \$35

Northshore Music Theatre  
(978) 232-7200



For  
Group  
(10 +)  
Rates  
Call  
COA  
today!  
468 -  
5534\*



Ticket Costs - \$41-54